

ADSGC NEWS

Alcohol & Drug Services of Gallatin County Newsletter

July 2015



*Providing prevention,
education, addiction,
and mental health
treatment services to
help on your path to
recovery.*

Drug Facts: Nationwide Trends

A major source of information on substance use, abuse, and dependence among Americans aged 12 and older is the annual National Survey on Drug Use and Health (NSDUH) conducted by the Substance Abuse and Mental Health Services Administration.

- Illicit drug use in America has been increasing.
- Binge and heavy drinking are more prevalent among men than among women.
- After alcohol, marijuana has the highest rate of dependence or abuse among all drugs.
- More than half of new illicit drug users begin with marijuana.
- Drug use is increasing among people in their fifties.

<http://www.drugabuse.gov/publications/drugfacts/nationwide-trends>

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Monitoring the Future website

www.monitoringthefuture.org



Monitoring the Future (MTF) is a long-term study of American adolescents, college students, and adult high school graduates through age 55.

It has been conducted annually by the University of Michigan's Institute for Social Research since its inception in 1975 and is supported under a series of investigator initiated, competing research grants from the National Institute on Drug Abuse.

The need for a study such as MTF is clear. Substance use by American young people has proven to be a rapidly changing phenomenon, requiring frequent assessments and reassessments.

Since the mid-1960s, when it burgeoned in the general youth population, illicit drug use has remained a major concern for the nation.

Smoking, drinking, and illicit drug use are leading causes of morbidity and mortality during adolescence as well as later in life.

How vigorously the nation responds to teenage substance use, how accurately it identifies the emerging substance abuse problems, and how well it comes to understand the effectiveness of policy and intervention efforts largely depend on the ongoing collection of valid and reliable data.



The peak ages for starting to misuse prescription stimulants, such as drugs for attention deficit hyperactivity disorder (ADHD), are between 16 and 19, a new study finds.

The researchers say education programs should start in middle school to keep more young people from starting to misuse prescription stimulants.

Misusing these drugs can have risky side effects, such as dependency, hallucinations, suicide or sudden death, according to the University of Michigan Medical School researchers. They analyzed data from more than 240,000 teens and young adults. The findings are published in *Drug and Alcohol Dependence*.

They found each year between the ages of 16 and 19, just under 1 percent of teens start misusing using prescription stimulants, such as Ritalin or prescription diet drugs, *MedicalXpress* reports. Prescription diet pills were the most popular stimulant drug misused by females, while males preferred Adderall. At age 18, the rate of starting stimulant misuse was twice as high among females as among males.

"We need to have a realistic understanding of when young people are beginning to experiment with stimulants, so we can prevent them from misusing for the first time," study author Elizabeth Austic, PhD, said in a news release.

Austic noted most education and prevention programs for stimulant misuse have been aimed at college students. "People have been thinking this is a college problem, but they just don't realize how prevalent it is at younger ages," she said.

Teens may misuse stimulants in an attempt to improve grades, to gain a sense of euphoria or to recover from hangovers, the article notes. They may perceive ADHD drugs as safe because they see friends and siblings take them daily under a doctor's care. These medications have very different on the effects on the brains of people without ADHD, Austic said.

Source: Partnership for Drug-Free Kids/Drug & Alcohol Dependence



Underage Drinking Decreasing: Government Report

The rate of underage drinking dropped 6.1 percent from 2002 to 2013, according to a new government report. Binge drinking among U.S. residents ages 12 through 20 also declined, by 5.1 percent, USA Today reports.

In 2013, the study found 22.7 percent of young people said they had an alcoholic drink in the past month. In contrast, 16.9 percent of 12- to 20-year-olds used tobacco and 13.6 percent used illicit drugs, according to the report from the Substance Abuse and Mental Health Services Administration (SAMHSA).

Approximately 5.4 million (14.2 percent) of young people in this age group said they were current binge drinkers. Binge drinking is defined as having five or more drinks on the same occasion on at least one day in the past 30 days, SAMHSA notes. In 2002, just under 20 percent of young people said they were binge drinkers.

The agency notes underage drinking increases the risk of developing an alcohol use disorder later in life and increases the likelihood of driving after drinking too much at some point in their lives.

"While we're always very happy about these declines, we can't lose sight of the fact that we have approximately 9 million underage drinkers in the country," said Rich Lucey, special assistant to the director at SAMHSA's Center for Substance Abuse. According to Lucey, the decline in underage drinking is due to an increased focus on the issue at the federal, state and local levels over the past decade.

The rate of binge drinking for those between ages 18 to 20 has remained between 39 percent and 44 percent for the past 20 years, Lucey said.



Charlotte's Web is a marijuana strain that has gained popularity as an option for treating seizures as well as a range of other medical conditions.

It is a high cannabidiol (CBD), low tetrahydrocannabinol (THC) Cannabis extract marketed as a dietary supplement under federal law and medical cannabis under state laws.

Charlotte's Web was named by The Stanley Brothers who are Colorado breeders after a novel and Charlotte Figi, born October 18, 2006 (age 8), whose story has led to her being described as "the girl who is changing medical marijuana laws across America."

Her parents and physicians say she experienced a reduction of her epileptic seizures brought on by Dravet Syndrome after her first dose of medical marijuana at five years of age.

Her usage of Charlotte's Web was first featured in the 2013 CNN documentary "Weed". Media coverage increased demand for Charlotte's Web and similar products high in CBD, which has been used to treat epilepsy in toddlers and children.

The little research that does exist raises questions about the effectiveness of CBD therapy for kids. A recent study, for instance, found that epileptic seizures were significantly reduced in just a third of children studied.

Physicians worry that some parents are willing to try treatments before proper research has been conducted, and that they may be disappointed. They are alarmed by parallels to past miracle-cure manias later proved false.

Experts are also concerned that in a largely unregulated business, contaminants like pesticide residues and molds could lead to adulterated versions of an otherwise potentially low-risk drug.

Read more:

<http://www.nbcnews.com/dateline/growing-hope-n369796>

<http://www.cnn.com/2013/08/07/health/charlotte-child-medical-marijuana/>

<http://time.com/pot-kids>



Hawaii has become the first state to pass a law raising the legal smoking age to 21, Reuters reports. The law also outlaws the sale, purchase or use of e-cigarettes for anyone under 21. The measure will take effect on January 1, 2016.

“Raising the minimum age as part of our comprehensive tobacco control efforts will help reduce tobacco use among our youth and increase the likelihood that our keiki (children) will grow up to be tobacco-free,” Governor David Ige said in a statement.

The legal age to purchase tobacco is 19 in Alabama, Alaska, New Jersey and Utah. The minimum age has been raised to 21 in dozens of cities and towns, including New York. Legislators in Washington state and California have also introduced measures to raise the legal smoking age to 21 in recent months, the article notes.

The Institute of Medicine issued a report earlier this year that concluded if every state were to immediately ban tobacco sales to those under 21, the smoking rate would fall 12 percent. The decrease would prevent 249,000 premature deaths among the generation born between 2000 and 2019, the report noted.

A 2009 law that gives the Food and Drug Administration (FDA) authority to regulate tobacco forbids the agency from setting a legal purchasing age for tobacco older than 18.

Source: Partnership for Drug-Free Kids

